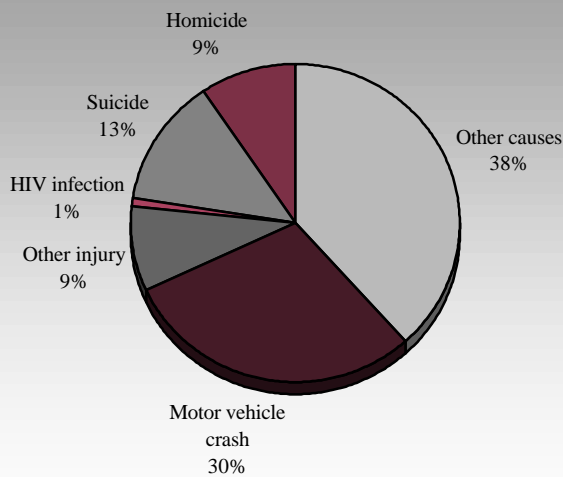


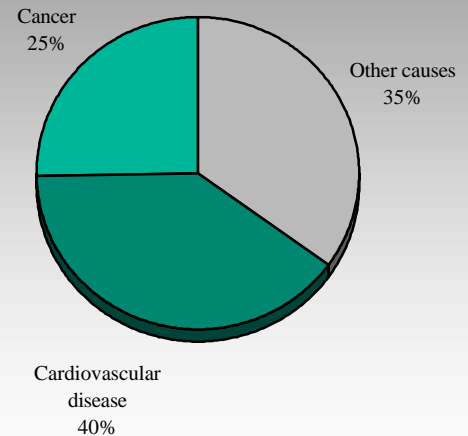
# Massachusetts

*These leading causes of death<sup>1</sup> . . .*

## Youth Ages 10-24



## Adults Ages 25 and Older



*. . . result from these risk behaviors.<sup>2</sup>*

### Unintentional and Intentional Injuries

- 24%** Rarely or never used safety belts
- 33%** Rode with a drinking driver during the past month
- 15%** Carried a weapon during the past month
- 37%** Were in a physical fight during the past year
- 8%** Attempted suicide during the past year

### Alcohol and Other Drug Use

- 52%** Drank alcohol during the past month
- 33%** Reported episodic heavy drinking during the past month
- 31%** Used marijuana during the past month
- 10%** Ever used cocaine
- 14%** Ever sniffed or inhaled intoxicating substances

### Sexual Behaviors

- 44%** Ever had sexual intercourse
- 12%** Ever had four or more sex partners
- 32%** Had sexual intercourse during the past three months
- 43%** Did not use a condom during last sexual intercourse<sup>3</sup>
- 81%** Did not use birth control pills during last sexual intercourse<sup>3</sup>

### Tobacco Use

- 67%** Ever smoked cigarettes
- 30%** Smoked cigarettes during the past month
- 16%** Smoked cigarettes on  $\geq 20$  days during the past month
- 5%** Used smokeless tobacco during the past month
- 16%** Smoked cigars during the past month

### Dietary Behaviors

- 15%** At risk for becoming overweight<sup>4</sup>
- 7%** Overweight<sup>5</sup>
- NA<sup>6</sup>** Ate  $< 5$  servings of fruits and vegetables per day during the past 7 days
- 78%** Drank  $< 3$  glasses of milk per day during the past 7 days

### Physical Activity

- 38%** Did not participate in vigorous physical activity<sup>7</sup>
- 73%** Did not participate in moderate physical activity<sup>8</sup>
- 39%** Were not enrolled in physical education class
- 87%** Did not attend physical education class daily
- NA** Exercised  $\leq 20$  minutes during an average physical education class<sup>9</sup>

<sup>1</sup> 1997 Mortality data.

<sup>2</sup> 1999 Youth Risk Behavior Survey. Among high school students only, weighted data.

<sup>3</sup> Among students who had sexual intercourse during the past 3 months.

<sup>4</sup> Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

<sup>5</sup> Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

<sup>6</sup> Data not available.

reference data from the National Health and Nutrition Examination Survey I.

<sup>7</sup> On 3 or more of the past 7 days.

<sup>8</sup> On 5 or more of the past 7 days.

<sup>9</sup> Among students enrolled in PE class.